



CAULIFLOWER CHEESY BREAD

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 25 MIN

INGREDIENTS

- 1 head cauliflower
(about 2 pounds)
- 1 large egg or 2 egg
whites
- 1 teaspoon dried Italian
seasoning
- 1 cup low-fat shredded
Cheddar Jack cheese,
divided
- Salt and pepper

DIRECTIONS

1. Preheat oven to 450°F.
2. Remove the outer leaves from the cauliflower and cut it into florets. Place them in the bowl of a food processor and pulse until the cauliflower is finely chopped and looks like rice.
3. Transfer the cauliflower to a microwave-safe dish or bowl. Cover and cook in the microwave for 10 minutes. Alternatively, you can steam the cauliflower in a steamer basket or bake it in the oven at 375 degrees for 20 minutes.
4. When the cauliflower is cool, transfer it to a bowl lined with a kitchen towel or cheesecloth. Bring the ends of the cloth together and squeeze as much liquid out of the cauliflower as you can.
5. Transfer the cauliflower to a mixing bowl and add the egg, Italian seasoning, ½ cup cheese, ¼ teaspoon salt and ⅛ teaspoon pepper. Mix to combine.
6. Transfer the mixture to a baking sheet lined with parchment paper. Form the dough into a rectangle about 8 x 12 inches and ¼-inch thick.
7. Bake in the oven 15-20 minutes until cooked. Remove the baking sheet and sprinkle the remaining ½ cup cheese over the top. Bake another 5 minutes until cheese is melted.
8. Cut cheesy bread into 16 breadsticks.

Serving size: 2 sticks Calories: 66kcal Carbohydrates: 4g Protein: 6g Fat: 3g Sodium: 429mg Fiber: 2g
Sugar: 1g